

Table of Contents

- Description
- Short Description (3 Lines)
- Can This Sliced Tomato with Salt & Pepper Support Weight Loss Goals?
- Does Sliced Tomato with Salt & Pepper Fit a High Protein Lifestyle?
- My Personal Experience
- Perfect For
- Why You'll Love This Recipe
- Common Mistakes to Avoid
- Required Equipment
- Storage Instructions
- Recipe Details
- ☐ Ingredients
- Directions
- Nutrition Facts (Per Serving – Approximate)
- Notes

Description

Savor the pure, vibrant taste of summer with simple yet delicious Sliced Tomatoes with Salt & Pepper. This quick dish highlights ripe, juicy tomatoes sliced thick and seasoned with coarse sea salt and cracked black pepper. While tomatoes are naturally light and low in carbohydrates, this refreshing dish serves as the ideal side or topping to pair alongside your favorite high-protein and low-carb meals, bringing bright acidity and natural sweetness to any plate.

Short Description (3 Lines)

A timeless, light side dish featuring juicy, ripe tomatoes simply enhanced with sea salt and cracked black pepper. Bursting with fresh, natural sweetness, this ultra-low-carb recipe comes together in under two minutes. It serves as a crisp, guilt-free accent to any macro-friendly breakfast, lunch, or dinner.

Can This Sliced Tomato with Salt & Pepper Support Weight Loss Goals?

Yes, sliced tomatoes seasoned with salt and pepper can easily support weight loss goals due to their high water content and minimal calorie density. Eating water-dense, low-calorie foods allows you to add volume to your meals without significantly increasing your daily energy intake, aiding in fullness. When served alongside lean, protein-rich foods, this combination helps stabilize appetite while keeping overall calories and carbohydrates low.

Does Sliced Tomato with Salt & Pepper Fit a High Protein Lifestyle?

While fresh tomatoes themselves contain only negligible amounts of protein, this simple recipe fits seamlessly into a high-protein lifestyle as a clean, low-carb side dish. Made with just fresh tomatoes, sea salt, black pepper, and optional olive oil, it adds almost no extra carbs—keeping net carbs around 3g per serving. Pairing these seasoned slices with protein staples like grilled chicken, steak, cottage cheese, or eggs creates a balanced, macro-friendly meal.

My Personal Experience

- Choosing room-temperature tomatoes: I found that slicing tomatoes kept at room temperature rather than chilled from the fridge yields far better, sweeter flavor and juicy texture.
- Timing the salt application: Applying the coarse salt immediately before serving prevents the tomatoes from releasing too much juice prematurely, keeping each slice crisp and plump.

Perfect For

- Low-carb side dishes
- Keto diet plans (as a low-net-carb vegetable accent)
- High-protein breakfast sides (paired with scrambled eggs)

- Quick low-calorie snack options

Why You'll Love This Recipe

- Unbeatable quick prep: This dish requires absolutely no cooking and takes under two minutes from cutting board to table.
- Clean, bright flavor profile: A pinch of coarse salt extracts the natural sweetness of ripe tomatoes while black pepper adds a pleasant warmth.

Common Mistakes to Avoid

1. Refrigerating tomatoes before slicing: Storing whole tomatoes in the refrigerator dulls their natural sugars and turns their texture mealy; keep them on the counter.
2. Salting too far in advance: Adding salt too early draws out water via osmosis, leaving you with soggy slices pooled in liquid rather than firm, juicy tomatoes.
3. Using a dull chef's knife: Cutting tomatoes with a dull blade squishes the fruit and squeezes out the juices instead of making clean, neat slices.
4. Over-seasoning with fine table salt: Fine salt dissolves too quickly and can easily make the delicate slices overly salty; use coarse sea salt or kosher salt instead.

Required Equipment

- Serrated Knife or Sharp Chef's Knife — Glides through delicate tomato skin smoothly without squishing the flesh or losing juices.
- Cutting Board — Provides a clean, stable surface to catch any natural juice droplets during slicing.
- Serving Platter — Holds the slices in a single, beautiful layer for presentation and even seasoning distribution.

Storage Instructions

Sliced tomatoes are best enjoyed immediately after preparation. Leftovers can be stored in an airtight glass container in the refrigerator for up to 24 hours, though they will release juices and soften over time. Freezing is not recommended as it destroys the delicate cellular structure, resulting in mushy tomatoes upon thawing.

Recipe Details

- Preparation Time: 2 minutes
- Cooking Time: 0 minutes
- Total Time: 2 minutes
- Servings: 2 servings
- Best Season for This Recipe: Summer (when fresh tomatoes are peak-ripe) or All-season
- Total Calories (Per Serving): ~25 kcal (*Approximate estimate*)

□ Ingredients

- Large ripe tomatoes (e.g., Beefsteak or Heirloom): 2 whole (*Note: Ensure they are firm yet slightly yielding to the touch*).
- Coarse sea salt or kosher salt: 0.25 tsp (*Note: Adjust to taste; coarse flakes work best for texture*).
- Freshly cracked black pepper: 0.25 tsp (*Note: Freshly ground provides the crispest aroma*).
- Extra virgin olive oil (optional): 1 tsp (*Note: Adds healthy fats and rich mouthfeel*).

Directions

1. Rinse the fresh tomatoes under cool running water and gently pat them dry with a clean paper towel.
2. Place the tomato on a sturdy cutting board and use a sharp serrated knife to trim away the top stem area.
3. Slice the tomato crosswise into 1/4-inch to 1/2-inch thick rounds, keeping steady pressure for uniform thickness.
4. Arrange the tomato slices in a single, slightly overlapping layer on a clean serving platter for optimal visual appeal.
5. Drizzle lightly with extra virgin olive oil if desired for high-protein meal pairing and fat-soluble nutrient absorption.
6. Sprinkle evenly with coarse sea salt and freshly cracked black pepper right before serving to keep the visual cue of firm, glistening slices.
7. Serve immediately as a fresh side to your favorite high-protein main dishes like grilled meats or eggs.

Nutrition Facts (Per Serving - Approximate)

- Calories: 25 kcal
- Fats: 0.2g (1.2g if using olive oil)
- Cholesterol: 0mg
- Sodium: 150mg
- Potassium: 290mg

- Total Carbohydrates: 4.8g
- Fiber: 1.4g
- Net Carbs: 3.4g
- Sugars: 3.2g
- Protein: 1.1g
- Calcium: 12mg

Notes

- Storage Tips: If storing leftovers, drain excess accumulated juice before serving again.
- Reheating Instructions: Served fresh at room temperature or chilled; do not heat or microwave.
- Allergy Notes: Naturally gluten-free, dairy-free, vegan, nut-free, and nightshade-containing.
- Flavor Boosts: Top with fresh torn basil leaves, a drizzle of balsamic glaze, or crumbled feta/cotija cheese for a protein boost.